



National Nutrient Database for Standard Reference

Release 28 slightly revised May, 2016

Statistics Report 20034, Oat bran, cooked

Report Date: June 27, 2017 04:13 EDT

Nutrient values and weights are for edible portion.

Nutrient	Unit	Value Per 100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Proximates													
Water	g	84.00	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	10/1989
Energy	kcal	40	--	--	--	--	--	--	--	--	Calculated or imputed	--	10/1989
Energy	kJ	167	--	--	--	--	--	--	--	--	Calculated or imputed	--	01/2014
Protein	g	3.21	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	10/1989
Total lipid (fat)	g	0.86	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	10/1989
Ash	g	0.49	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	10/1989
Carbohydrate, by difference	g	11.44	--	--	--	--	--	--	--	--	Calculated or imputed	--	10/1989
Fiber, total dietary	g	2.6	--	--	--	--	--	--	--	--	Calculated or imputed	--	01/1994
Minerals													
Calcium, Ca	mg	10	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	10/1989
Iron, Fe	mg	0.88	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	10/1989
Magnesium, Mg	mg	40	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	10/1989

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Phosphorus, P	mg	119	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	10/1989
Potassium, K	mg	92	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	10/1989
Sodium, Na	mg	1	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	10/1989
Zinc, Zn	mg	0.53	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	10/1989
Copper, Cu	mg	0.066	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	10/1989
Manganese, Mn	mg	0.964	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	10/1989
Selenium, Se	µg	7.7	--	--	--	--	--	--	--	--	Calculated or imputed	--	12/1997
Vitamins													
Vitamin C, total ascorbic acid	mg	0.0	--	--	--	--	--	--	--	--	Calculated or imputed	--	10/1989
Thiamin	mg	0.160	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	10/1989
Riboflavin	mg	0.034	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	10/1989
Niacin	mg	0.144	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	10/1989
Pantothenic acid	mg	0.217	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	10/1989
Vitamin B-6	mg	0.025	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	10/1989

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Folate, total	µg	6	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	10/1989
Folic acid	µg	0	--	--	--	--	--	--	--	--	Assumed zero	--	01/2001
Folate, food	µg	6	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	10/1989
Folate, DFE	µg	6	--	--	--	--	--	--	--	--	Calculated or imputed	--	01/2001
Vitamin B-12	µg	0.00	--	--	--	--	--	--	--	--	Assumed zero	--	10/1989
Vitamin A, RAE	µg	0	--	--	--	--	--	--	--	--	Calculated or imputed	--	06/2002
Retinol	µg	0	--	--	--	--	--	--	--	--	Assumed zero	--	06/2002
Vitamin A, IU	IU	0	--	--	--	--	--	--	--	--	Calculated or imputed	--	10/1989
Vitamin D (D2 + D3)	µg	0.0	--	--	--	--	--	--	--	--	Assumed zero	--	11/2008
Vitamin D	IU	0	--	--	--	--	--	--	--	--	Assumed zero	--	02/2009
Lipids													
Fatty acids, total saturated	g	0.163	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	10/1989
12:0	g	0.003	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	10/1989
14:0	g	0.002	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	10/1989
16:0	g	0.138	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	10/1989
18:0	g	0.009	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	10/1989

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Fatty acids, total monounsaturated	g	0.291	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	10/1989
16:1 undifferentiated	g	0.002	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	10/1989
18:1 undifferentiated	g	0.290	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	10/1989
Fatty acids, total polyunsaturated	g	0.339	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	10/1989
18:2 undifferentiated	g	0.324	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	10/1989
18:3 undifferentiated	g	0.015	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	10/1989
Cholesterol	mg	0	--	--	--	--	--	--	--	--	Assumed zero	--	01/1994
Amino Acids													
Tryptophan	g	0.057	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	10/1989
Threonine	g	0.086	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	10/1989
Isoleucine	g	0.114	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	10/1989
Leucine	g	0.235	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	10/1989
Lysine	g	0.130	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	10/1989
Methionine	g	0.057	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	10/1989

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Cystine	g	0.099	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	10/1989
Phenylalanine	g	0.155	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	10/1989
Tyrosine	g	0.114	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	10/1989
Valine	g	0.165	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	10/1989
Arginine	g	0.219	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	10/1989
Histidine	g	0.070	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	10/1989
Alanine	g	0.149	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	10/1989
Aspartic acid	g	0.270	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	10/1989
Glutamic acid	g	0.642	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	10/1989
Glycine	g	0.162	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	10/1989
Proline	g	0.168	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	10/1989
Serine	g	0.152	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	10/1989
Other													